

Protocol for Video Examination

Practice Exam Wingfoiling X-Over

Name, Surname:

Video submitted on: Examiner:

Video creation guideline:

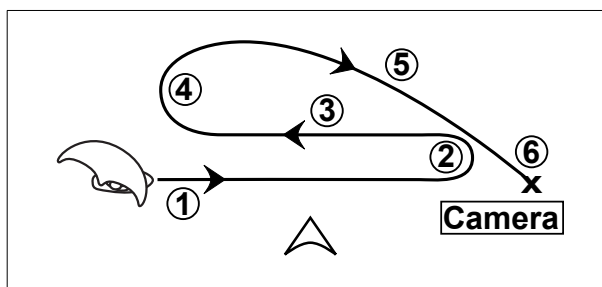
- video is uncut
- max. length of video 3 min
- the camera must remain in the same position throughout the entire examination process (this means, in case filming is done from a boat (or similar), the boat must be anchored)
- all maneuvers relevant to the exam are clearly visible
- video is free of failed attempts
- video ends with a close-up of the examinee, during which they introduce themselves by name

All criteria of the guideline were met: yes no

If there are deficiencies, the following needs to be improved:

Process of practice

1. foiling towards the camera on a beam reach course
2. foiling the first jibe at the camera (from toe- or heelside)
3. foiling away from the camera
4. foiling a second jibe within clearly visible range (from toe- or heelside)
5. foiling back to the camera
6. controlled stop at the camera & introduction by name at the camera



Example for the examination course
(approach can be made from either the left or right side)

Content of the exam <i>(all elements must be passed)</i>	Passed		Comments <i>(if not passed)</i>
	yes	no	
1 st foiled jibe <i>(from toe- or heelside)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
2 nd foiled jibe <i>(from toe- or heelside)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Controlled stop at the camera	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Entire examination process was completed by foiling continuously	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>

RESULT: PASSED FAILED

Signature of examiner: _____